

is to be deplored. It is this false delicacy, this mock modesty, that causes the prevailing want of knowledge along these lines.

#### THE EFFECTS OF PHYSICAL CULTURE ON SEXUAL STRENGTH.

Proper exercise, adapted to the needs of the individual, tends to produce, in every case, a more normal condition: for instance, if one is too fleshy to be in normal health, it will take off flesh; if too thin it will add flesh. This ability of physical culture to bring about the highest degree of normal health is exemplified with equal emphasis in sexual life. Those who suffer from weakness in this way will find in physical culture the only safe and sure means of cure. As the muscles develop, the digestive power increases, the circulation improves, the nerves are strengthened, and the mind freshened with renewed confidence. This building up of the physical forces affects beneficially every organ of the body. The same can be said of the effects of physical exercise on those suffering with an excess of animal life from the standpoint of sex. This is a disease just the same as the other extreme, and this surplus energy can be absorbed and used to advantage if expended in muscular exercise. Not only does the muscular power increase, and the general health vastly improve when this method is followed, but the unusual and unnatural strength of this abnormal desire disappears, creating in reality a greater, safer strength, and remov-

ing the teverishness of an overwrought nervousness. Every modern, enlightened physician and advanced student will no doubt agree that these delicate, nervous troubles can be cured only by natural means—proper diet and clothing, plenty of exercise, fresh air, bathing, etc., etc. And try to be cheerful! Do not allow the "clammy hand" of melancholy to get you in its grasp. Do not say that you have tried everything and that you cannot be cured. I'm not a gambler by nature or habit, but I'll stake my life against a trifle that "If you have sufficient vitality to remain alive under the abnormal conditions of sickness, you have far more than sufficient strength to regain ordinary health."

#### ADDENDUM.

Do not be satisfied with mediocrity! Push onward and upward. If you are not strong, if you have not the energy, the ambition, the power, which leads one above the prosaic, the commonplace, develop it now. Make up your mind that strength and health of a high degree shall be yours, and work for it with determination, with persistence, and superb physical proportions will be your glorious reward.

If you are not a man, not a woman—if though fully grown you are still a child and always expect to remain one, you can be continent all your life without suffering to any appreciable extent. But if you are a man, a woman, in every sense, with the power of body and mind

which accompanies this state of maturity, with all the faculties fully alive, with all the emotions tingling with the intensity of their strength, with the glory and ripeness of life, of health, and of strength, stirring your senses, you will be committing a crime if you do not marry.

THE EDITOR.

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### EXERCISE IN OLD AGE.

The vigor and equality of the circulation, the functions of the skin and the aeration of the blood are all promoted by muscular activity, which thus keeps up a proper balance and relation between the important organs of the body. In youth the vigor of the system is often so great that if one organ be "sluggish" another part will make amends for the deficiency by acting vicariously and without any consequent damage to itself. In old age the tasks cannot be thus shifted from one organ to another; the work allotted to each sufficiently taxes its strength, and vicarious action cannot be performed without mischief. Hence the importance of maintaining as far as possible, the equable action of all the bodily organs, so that the share of the vital processes assigned to each shall be properly accomplished. For this reason exercise is an important part of the conduct of life in old age; but discretion is absolutely necessary. An old man should discover by experience how much exercise he can take without exhausting his powers, and should be careful never to exceed the limit. Old persons are apt to forget that their staying powers are much less than they once were, and that, while a walk of two or three miles may prove easy and pleasurable, the addition of a return journey of similar length will seriously overtax the strength. Above all things, sudden and rapid exertion should





be scrupulously avoided by persons of advanced age."—*Dr. Holbrook, in Omega.*

#### OVERDOING IT.

It's a great pity that some cyclists who are gifted with more pluck than wisdom have not a far-seeing friend at hand to warn them of the dangers of overtraining. The men who thus run the risk of an early grave are those who invariably make hard work of cycling. They never know what it is to have an easy time on a bicycle. Year in, year out, their one absorbing thought is speed, and their one idea is to train, train, train, so that they may be able to hold their own with men far their superiors in muscular and organic strength. Cycling is one of the finest aids to health when pursued to that end, but, on the other hand, it is a rock on which many a weakling has wrecked his constitution. We are not seeking to pose as an admonitor of the usual alarmist order; we simply speak as we find; and we could name, within our own little sphere of observation, a couple of young fellows, two brothers, who will one day regret that they ever crossed a wheel. They are wearing themselves away—absolutely reducing themselves to peregrinating shadows. They are always in the saddle, and are always riding hard; and to one who, like ourselves, is accustomed to reckon up a man's internal condition as a horse dealer would the points of a horse, it is easy to see that it cannot last long. The col-

lapse will come, and it will be a case of "touch and go" perhaps "go," and cycling will be condemned by their circle of friends as a dangerous sport. To the man with a perfect physique, who trains carefully and always allows himself plenty of rest, racing is a safe diversion, but in cases similar to those we have quoted, hard and continuous riding, even with systematic training, cannot be too strongly condemned, and one's health is more precious than all the long-distance medals in the world.—*Bicycling News.*

"Taking body and mind and soul together, Mr. Gladstone was the finest specimen of the human race I ever met, and as for political work, or indeed any kind of work, injuring his health, it never exhausted him in the least. In his eighty-sixth year he told me that except for his failing eyesight and hearing he had no excuse, as he put it, for leaving Parliament. 'It is very awkward,' he observed, 'to reply in debate to a speech you haven't heard a word of.'"—*Mr. G. W. E. Russell in the Saturday Journal.*

Sleep starvation is a common fault, especially of the young. Dancing all night two or three times a week and working all day is possible for a time, but there is harm in it. In general, it may be said that any one who has to be alarm-clocked out of bed every morning isn't getting sleep.

#### WHY GIRLS ARE SO MUCH MORE ATTRACTIVE NOWADAYS.

After all, the reason is a very simple one; for never were our girls so active or so varied in their pastimes as they are to-day. Undoubtedly beauty is not always an accident; it can easily be cultivated, and we have been cultivating it by a variety of methods, more or less unconsciously, for a long time past.

This age, in comparison with earlier ones, may fairly be described as hygienic in the extreme.

There are more good looks now than ever before, and there are reasons for it, and because there is more beauty than ever there is, perhaps, not quite so much enthusiasm about it.

Girls of the present day are good at the oar, they are great at cycling, they are not easily beaten on the tennis-court, they are strong at golf, and they begin to be skilled at the wicket.

The study of beauty has no doubt had its influence, but healthy exercise is undoubtedly the real cause and secret of this increase of good looks. Our girls should be encouraged to take some form of healthy out of door exercise as a regular thing, and the good result will not be long in making itself evident.

There is no doubt that one of the greatest beautifiers is happiness, and that the girls of to-day lead a happy, healthy life is apparent throughout the length and breadth of our land.

Our grandmothers and great-grandmothers would be positively shocked at the liberty enjoyed by the young folk of this generation, but it is an undeniable fact that the vapors and nervous attacks enjoyed by them are practically unknown by their descendants.—*London Evening News.*

#### FOR THE FACE.

A lady law student of Washington—and there are so few of us that we can be easily picked out—desires to give two recipes of ten years' test. For the face: Rub on with the fingers, massaging gently, pure olive oil. Then with a clean linen cloth wipe off the entire face. Dust, blackheads and other impurities will show up on the cloth, leaving the skin clear, smooth and pink. I have found it invaluable in obliterating wrinkles, as it supplies the skin food denied by nature in the natural oils as we grow older. For softening and whitening the hands, the effects of which can be seen in a single night, use four tablespoonfuls of glycerine, four tablespoonfuls of lemon juice (strained), four tablespoonfuls of rose water. Rub gently over the hands on going to bed. There is no need of gloves, as there is no disagreeable stickiness about this preparation.—*The Journal.*

Dr. W. T. Francis, of St Louis, recommends common salt as a purifier of the air in the house. Simply keep a little moist salt in the room in an open dish.

